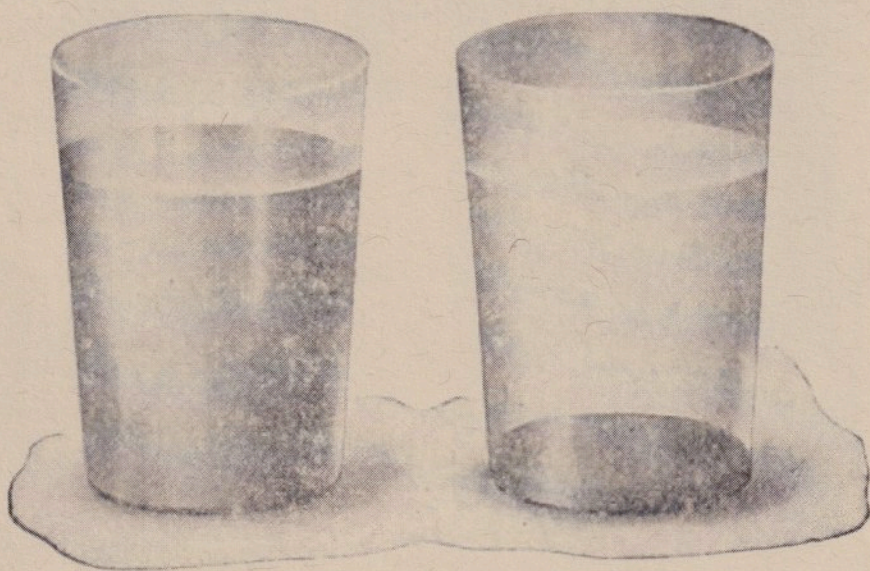


**Mail Blog**

**Cortney Cassidy**

**JUN 19 2021**



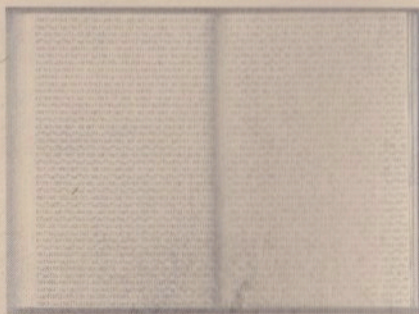
**Mail Blog** is a free blog sent through the mail. Trades or donations are not required. Monetary donations can be sent directly to my favorite resources: East Bay Depot for Creative Reuse, Wikipedia, and Internet Archive.

To limit material waste, notify me if you wish to be removed from the mailing list or if you have a new mailing address. When issues are returned, I will pause on sending until I hear otherwise.

Thank you for reading,

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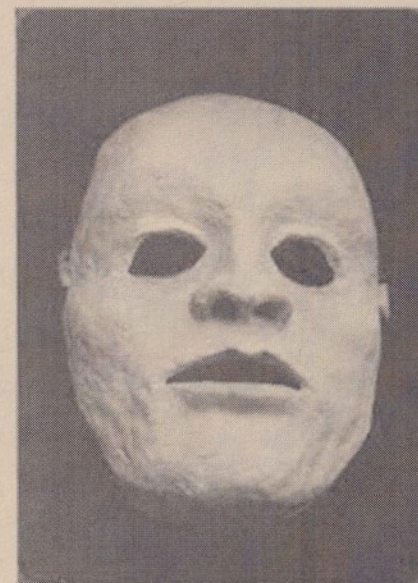
signing my message above using pages 136 and 137 from *The Matrix* by N.H. Pritchard



# the neutral mask is made to seem as if it has no past and no previous knowledge of how the world works

on Jacques Lecoq's training method for theater students to fully let the world affect their bodies (Wikipedia)

In ninth grade, when I had no past and no previous knowledge of how the world works, I was forced to take drama. I was a shy new student and I guess that is a wrong way of being. I forgot all my lines and I now hide my shy qualities of mind and character behind a neutral mask.



Guest insert by Jefferson Cheng



THIS IS WRITTEN ON A PHOTO I FOUND ON THE SIDEWALK IN NORTH PARK, SAN DIEGO, CA. USING THE OTHER PHOTOS I WOULD DATE IT BEING OVER 11 YEARS AGO. -NICK 5/6/21

**“We tend to skim right over the present time. Since this is the only moment that one can live, if you don’t live it you never really get around to living at all.”**

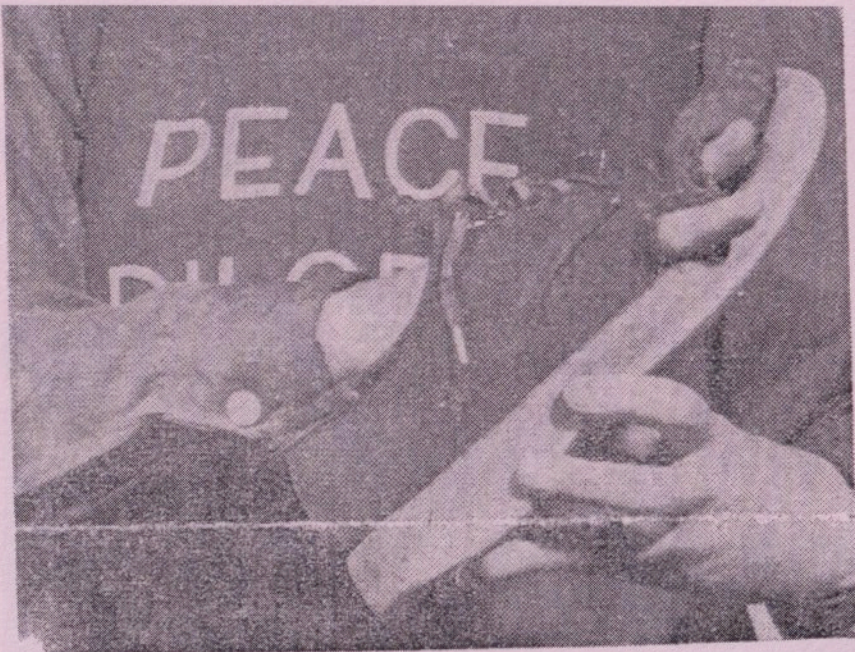
Peace Pilgrim

*Steps Toward Inner Peace*

**“we possess two distinct forms of self-awareness: one that keeps track of the self across time and one that registers the self in the present moment.”**

*The Body Keeps the Score*





“We begin feeling very separate and judging everything as it relates to us, as though we were the center of the universe. Even after we know better intellectually, we still judge things that way. [...] We are not separate from our fellow humans. [...] As long as you work for your selfish

little self, you’re just one cell against all those other cells, and you’re way out of harmony. But as soon as you begin working for the good of the whole, you find yourself in harmony with all of your fellow human beings.”  
(Peace Pilgrim, *Steps Toward Inner Peace*)

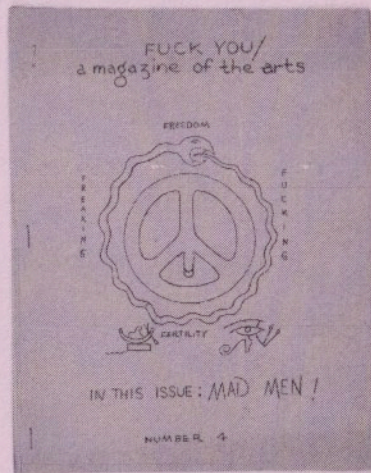


**“Investigative poesy is  
[using] bard-babble  
[to] describe every  
aspect of the historical  
present, while aiding  
the future.”**

Ed Sanders

*Investigative Poetry*

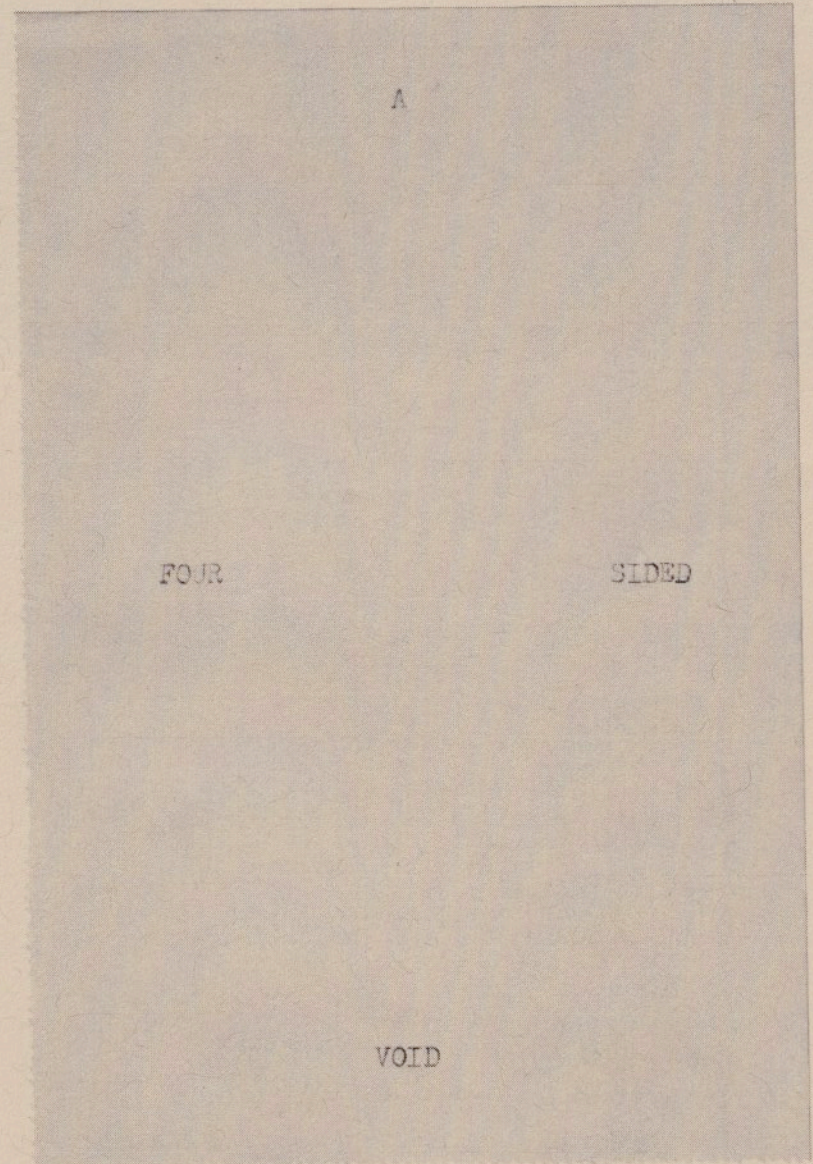
(all quotes)



Number 4 (Aug 1962) of Fuck You magazine founded by Ed Sanders who was charged with obscenity due to the contents. Partial archive: [ibu.com/vp/FuckYou.html](http://ibu.com/vp/FuckYou.html)

“[William] Blake’s techniques in preparing and producing say, *The Songs of Innocence and Experience*, the move toward poem-glyph, should ever be an archetype for the Investigative Poet. Print it yrself, adorn it yrself, send it out yrself, and make it sacred.”

“a page is not



in which to practice zeroness”

ALWAYS IS AN  
END AND A  
BEGINNING  
ALWAYS

REMEMBER TO  
TEST VISION

IS MY  
HOME IN THE  
CORRECT  
ARRANGEMENT

I THINK SO  
OFTEN I  
NEVER THINK

THIS FEELING  
NOW -  
THATS IT -  
ANY FEELING

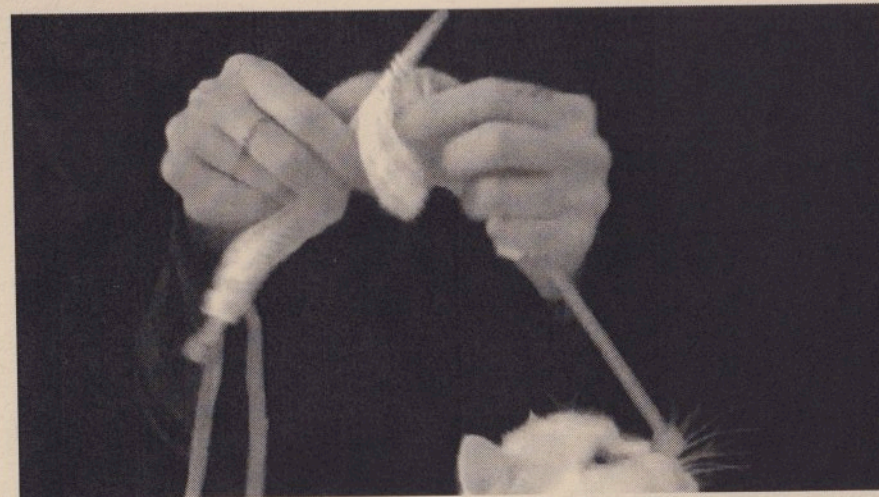
SOME THOUGHTS  
ARE TOO  
PRIVATE TO  
THINK

I AM LOSING  
COMMON  
GROUND WITH  
MY BROTHER

IS CONVERSATION  
WITH OTHERS  
PERFORMANCE

I HOPE I  
DIDNT TALK  
TOO MUCH  
ABOUT MYSELF

I WILL  
SURVIVE  
UNTIL I DONT



KNOWING I  
WILL NEVER  
KNOW EVERY-  
THING IS  
JUST AS GOOD

WE OBVIOUSLY  
HAVE THINGS  
TO SAY

TWENTY YEARS  
IS LONG - IT  
GOES BY FAST  
SUDDENLY NOT  
LONG AT ALL

SHOULD I  
HAVE SPENT  
MY MONEY  
THAT WAY

ALL THE  
WORDS I USED  
WRONG

ALL THAT  
CHILDHOOD  
STUFF JUST  
TO BE AN  
EMPLOYEE

# Ha-ha

From Wikipedia, the free encyclopedia

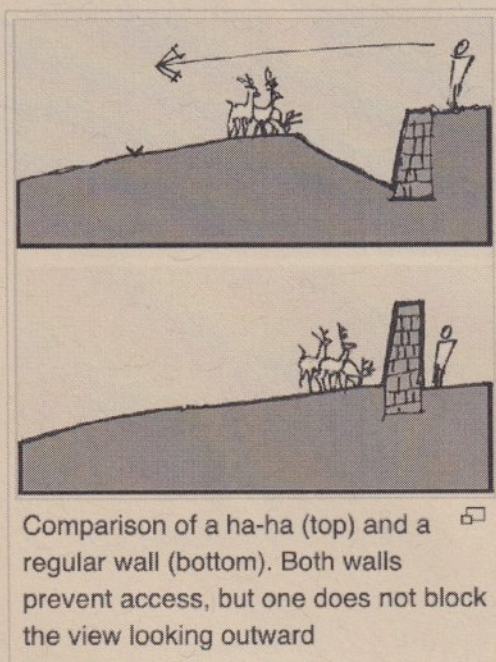
*For other uses, see Haha.*

A **ha-ha** (French: *hâ-hâ* or *saut de loup*) is a recessed landscape design element that creates a vertical barrier while preserving an uninterrupted view of the landscape beyond.

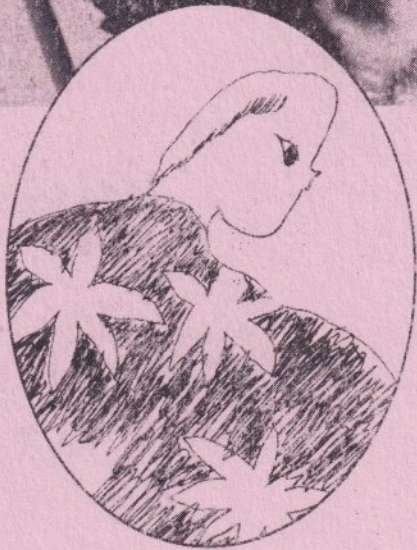
The design includes a turfed incline that slopes downward to a sharply vertical face (typically a masonry retaining wall). Ha-has

are used in landscape design to prevent access to a garden by, for example, grazing livestock, without obstructing views. In security design, the element is used to deter vehicular access to a site while minimizing visual obstruction.

The name "ha-ha" is thought to have stemmed from the exclamations of surprise by those coming across them, as the walls were intentionally designed so as not to be visible on the plane of the landscape.<sup>[1]</sup> Alternatively, it may have been referred to as "ha-hah" as an abbreviation of "half and half" with



20 minute



intermission